

Aussie in the Kitchen, PCS



Brought to you by:



Healthy Roasted Butternut Squash Soup

3 cup(s) butternut squash, 1/2 " pieces roasted
2 tablespoon(s) butter
1 large onion, chopped
3 medium garlic cloves, minced
1 tablespoon(s) ginger root, grated
1 teaspoon(s) turmeric
1 teaspoon(s) curry powder
2 3/4 cup(s) Lo sodium vegetable broth
1 tablespoon(s) Lo sodium vegetable broth
6 ounce(s) Lo fat coconut milk
2 tablespoon(s) cilantro, fresh

Directions for 4 – 6 Servings:

Peel squash and cut into pieces. (Hint .. Trader Joe's sells this amount already cut and peeled.) Place the squash in a bowl and toss very lightly with Sage (fresh if possible but dry will work), salt and pepper and a little EVO or Canola oil.

Line a cookie sheet with parchment paper or foil (to help with clean-up) and turn out the squash on to the cookie sheet. Roast at 450 degrees F for about 30 minutes. You want the squash to brown (caramelize) well.

Time saving hint If you don't have time to roast the squash, you can use frozen squash that has thawed ... but the roasting can be done ahead of time and will add so much flavor to the soup.

Heat 2 TBS butter and 1 TBS broth in medium soup pot.

Sauté onion in butter and broth over medium heat for about 5 minutes, stirring frequently, until translucent.

Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well.

Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.

Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. If you have a hand blender These work great for this job and make life so much easier !

Thin with a little broth if needed.

Season to taste with salt and white pepper.

Reheat, and add cilantro.

Calories :128 : 5.86 g Fat, 3.9 Saturated, 12 mg Chol;17g Carb; 3g Fiber; Vit A (IU) 6790

If you have any questions about this recipe or cooking questions feel free to call me @ 734-516-0236 or email me at chefpaul@callchefpaul.com